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APRIL 23, 2009 metronews.ca

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Metro wins media award

SPAIN Metro International SA has just been named Newspaper of the Year at the Festival of Media Awards, in Valencia, Spain.

The awards celebrate innovation and creativity and are widely recognized as the largest celebration of media in the industry. Metro International won this prestigious title over internationally acclaimed publications including the Financial Times and the Wall Street Journal.

"Metro has been dedicated to inventing new and creative formats for advertisers for the past decade and on behalf of all our amazing staff I'm very, very proud to have been given this honour," said CEO Per Mikael Jensen. "It proves that even with the highest editorial standards, which Metro prides itself on, you can produce exceptionally efficient advertising that can compete — and beat — any other formats, on TV, radio or online."

Comment pg 6

Music means a lot



Real Estate pg 9

First-timers go to Oliver

Food pg 11

Gems under the glass

Peru Seeds of the future



Students hold balloons containing seeds of trees that will be released when the balloons burst at a ceremony called Rain Of Seeds For Our Ground, held to celebrate Earth Day in Lima, Peru, yesterday.

Leads heating up in cold case

INVESTIGATION New life could soon be breathed into a case gone cold, police officials said yesterday, with leads getting warmer to the killer of a 23-year-old man shot in the dead of winter.

Mitchell Chambers was killed while he sat in his running truck on Dec. 7 in front of a home at 4703 - 188 St. Though he was targeted, he wasn't slain by gangsters, or over drugs.

"He was an innocent person of unfortunate circumstances," Staff Sgt. Bill Spinks said yesterday. "Though we believe he was the intended person."

Investigators have narrowed their search for a killer down to one suspect, but don't have enough evidence for an arrest. They're hoping those with unrevealed information about the case will come forward

as does the victim's family.

"This crime was a senseless act of violence and we hope that the person responsible is brought to justice," the victim's cousin, Jennifer Warren, said.

Police are using the lack of recent murders to their advantage, by taking time to crack open cold cases, Spinks added.

VICTORIA HANDYSIDES/
METRO EDMONTON

Screams from the streets

Possible murder probed

VICTORIA HANDYSIDES
victoria.handysides@metronews.ca

Screams from a house within spitting distance of Christine Green's bedroom window ripped her from her sleep yesterday morning.

Though unsettled, the 42-year-old mother wasn't overly shaken. Gunshots and cries of violence are the soundtrack to her Alberta Avenue neighbourhood, she said.

"Screaming isn't uncommon here — you hear it every day," she said, standing steps away from the police-taped stucco bungalow where a body was found shortly before 6 a.m. "This area is full of prostitutes and drug dealers."

At least one woman and two men were heard shouting from the deteriorating home at 11914 - 81 St., which had sat vacant for months until new tenants moved in two days earlier, she said.

Residents peered from windows on the street lined with low-rent walk-up

apartments and deteriorating homes yesterday morning. The body was carried out shortly after officers arrived.

"I can't wait to get out of this neighbourhood. I've had people jumping on my balcony trying to get in and come through my front door," Green said, adding she has lived in the area for eight months. "It's bad. People say it's cleaning up — but it's not."

It's getting worse."

Another neighbour described the landlord of the house as a "nice guy" who lived in the home for 50 years before new tenants moved in, but agreed that the street is overrun by unsavoury characters.

Police have yet to rule the death as a homicide.

"We want to make sure that everyone in the family knows," said Staff Sgt. Bill Spinks.

"We'll give out more information when we can."

Homicide rate

- If ruled a homicide, this death would be Edmonton's seventh of the year, the first in nearly two months. There were 10 homicides at this time last year.

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Alberta greener than most provinces, report says

Alberta hasn't been dubbed the greenest province in Canada, but it's not the worst, says a new report card released by the Corporate Knights on Earth Day yesterday. Alberta did better than Quebec, Manitoba, Prince Edward Island, Saskatchewan, New Brunswick, Newfoundland and Nova Scotia. **METRO EDMONTON**

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Local

**Vegas expenses questioned**

The Alberta Liberals are accusing solicitor general Fred Lindsay of following the saying "What happens in Vegas, stays in Vegas." For the second day in a row during question period yesterday, Liberal critic Kent Hehr quizzed Lindsay about \$1,281 in "incidental charges" he made during a three-day Responsible Gaming Conference last November. Lindsay told the legislature the trip was important. **METRO EDMONTON**

Parks and Recreation

with Amy Poehler

9:30 Tonight



Citytv

**Two women face murder charges**

HINTON Two Hinton women were handed murder charges yesterday, in connection with the stabbing of a man who died Monday.

Betty Ann Desjarlais, 49, and Corinna Kelley, 46, were each charged with second-degree murder in connection with the death of Robert Thomas.

Bail hearings were held for both women yesterday.

METRO EDMONTON**Groups push green jobs****\$2-billion investment would employ 14,000 within two years: Report**

JEFF CUMMINGS
jeff.cummings@metronews.ca

Alberta's government needs to spend billions to create hundreds of thousands of green jobs in order to dig the province out of the global recession, urged the Alberta Federation of Labour and two environmental groups during Earth Day yesterday.

And if the Tory government spends the \$2 billion now, 14,000 jobs can be created over the next two years, said a released report commissioned by the AFL, Greenpeace and the Sierra Club.

Those jobs could include electricians, heating and air conditioning installers, carpenters, construction operations, roofers, and industrial truck drivers by offering grants to homeowners to retrofit their homes with green technologies.

"The program would cost less than the \$2 billion spent on the now cancelled natural gas rebate program in the last six



Mike Hudema of Greenpeace Canada speaks about green job opportunities outside a green home under construction in Mill Creek at 84 Avenue and 98 Street yesterday afternoon.

years and it would provide a higher payback to homeowners," said the report's author, David Thompson.

The groups also want the government to spend roughly \$10 million over the next seven years to improve public transit and to include a high-speed rail

line between Edmonton and Calgary.

"There's no doubt that our provincial government has become set in its ways when it comes to making policies when it comes to the economy," said AFL president Gil McGowan.

"They've been compla-

cent on their reliance on the oil and gas sector. What we're saying with this report is to not stop being an energy province, but to be much more than that."

The report will be submitted to the legislature later this week.

Hawrelak Park event on Sunday

EARTH DAY A story on Earth Day celebrations in yesterday's Metro omitted the date when events in Hawrelak Park were scheduled to take place. Earth Day events are set for Sunday from noon to 6 p.m. Free rides from the University LRT station are being provided.

METRO EDMONTON**Chiropractors voice concerns**

DELIST Alberta chiropractors are urging the province to rethink its decision to delist chiropractic services two weeks after the government unveiled the plans when it announced the budget.

"We're very unhappy with this decision and gravely concerned about the impact this pronouncement will have on our patients and the overall health system," said Clark Mills, president of the Alberta College and Association of Chiropractors, to reporters yesterday.

Alberta Health Services currently covers the costs of chiropractic services.

METRO EDMONTON

metronews.ca

What's online today.

Video Jim Flaherty sees positive economic signs, but warns unemployment will remain high at metronews.ca/canada

Blog Hollywood

Rants blasts Billy Bob Thornton's unapologetic appearance on Jimmy Kimmel

**Lotteries**

Lotto 6/49: 10, 12, 21, 38, 41 & 42 Bonus 28
These results are not official.

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Office Assistant - Thurs, April 30, 5 pm, Room 5-106, CC Campus, Call: 780.497.5763

Asia Pacific Management - Tues, May 5, 5 pm, Room 5-268, CC Campus, Call: 780.497.5113

Turkey has recalled its ambassador to Canada for consultation, said a Foreign Ministry source yesterday, after Prime Minister Stephen Harper spoke at a vigil to commemorate the 1915 killing of Armenians. **REUTERS**

Canada



Schreiber claim denied

The assertion by Karlheinz Schreiber, left, that Brian Mulroney wanted to keep secret his controversial \$300,000 cash payment for lobbying was blown out of the water yesterday by one of Schreiber's own lawyers. Schreiber's Edmonton lawyer Robert Hladun told a public inquiry probing Mulroney's business relationship with Schreiber that Mulroney did no such thing.

TORSTAR NEWS SERVICE

VANOC makes its case in court

OLYMPICS A lawsuit filed against VANOC by women ski jumpers who want to be included in the 2010 Games has put the organizing committee between a rock and a hard place, a lawyer for VANOC says. George MacIntosh, who presented his defence in B.C. Supreme Court yesterday, said VANOC shouldn't be held responsible for the IOC's decision to keep women's ski jumping out.

METRO CANADA

News in brief

G7 MEETING The Group of Seven leading industrialized nations will signal at a meeting in Washington this weekend that there are glimmers of economic hope but that the global economy is not out of the woods yet, a senior Canadian finance official said yesterday.

REUTERS

Poll Tories losing ground



Prime Minister Stephen Harper speaks yesterday during question period in the House of Commons on Parliament Hill. A new poll puts the Liberals at 32 per cent, the Conservatives at 29 per cent, the New Democrats at 16 per cent, the Greens at 11 per cent and the separatist Bloc Quebecois at nine per cent.

BLAIR CABLE/REUTERS

Canadian hostages freed

Diplomats, European tourists released by al Qaida

Two Canadian diplomats and two European tourists held hostage by al Qaida's north African wing in the Sahara desert have been released, a spokesman for Mali's president said yesterday.

Canadian Robert Fowler, a United Nations envoy to Niger, disappeared with his aide last December, while four tourists — two Swiss, a German and a Briton — were kidnapped on the Mali-Niger border in January.

"We confirm the release of four hostages," Seydou Cissouma, a spokesman for Mali's president, told Reuters. He said they were the Canadians and two female tourists.

The freed tourists are from Switzerland and Ger-

Statement

- Al Qaida's north African wing had said it was holding the four tourists, who were taken from Mali into the neighbouring Saharan state of Niger, as well as the two Canadians.

many.

Earlier this month, a Malian security source said a team of mediators was negotiating the release of the European tourists.

Sources at the United Nations confirmed Fowler and his assistant, Louis Guay, were free.

In Ottawa, a relative of Fowler's, Member of Parliament Dominic LeBlanc, said his understanding was

that Fowler was being taken by Malian authorities to the capital of Bamako, and his family hoped to meet him in Europe in a few days.

"Our information is Mr. Fowler is in the custody of the authorities of the government of Mali," LeBlanc said.

"They would insure his safety in order for him to get to Bamako, at which point Canadian officials will obviously provide the care ... and hopefully expedite him quickly to visit his family."

Analysts say the Sahara desert in West Africa has become increasingly insecure and the lines between ideology and criminality in the region are blurred.

REUTERS

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French politician turns to Facebook to announce pregnancy

The French minister responsible for the country's digital economy, Nathalie Kosciusko-Morizet, announced yesterday that she was pregnant and used social networking site Facebook to do it. **REUTERS**

5

World



Third paternity claim for Lugo

A third woman in two weeks has claimed that Paraguay's bishop-turned-president Fernando Lugo fathered her child, intensifying a political scandal that has made him the butt of lewd jokes and even a pop song. Damiana Moran, a 39-year-old teacher, told local media that Lugo was the father of her one-year-old son and she was negotiating child support with the president's lawyer. **REUTERS**



U.S. President Barack Obama poses with workers at Trinity Structural Towers Manufacturing Plant, a wind energy production facility, during an Earth Day visit in Newton, Iowa yesterday.

U.S. threatens Iran sanctions

U.S. Secretary of State Hillary Clinton yesterday threatened crippling sanctions against Iran if it did not end its nuclear program after Tehran offered talks with major powers.

Clinton told U.S. lawmakers she was under no illusions about the difficulty of engaging Iran successfully. "We are also laying the groundwork for the kind of very tough ... crippling

sanctions that might be necessary in the event that our offers are either rejected or the process is inconclusive or unsuccessful," Clinton told the House foreign affairs committee.

Clinton's tough talk came as Iran, in a statement, said it believed discussions could resolve disputes between the Islamic republic and the West, but it said Tehran would press ahead with its work to de-

velop atomic energy.

The statement was Tehran's response to an invitation this month by six world powers to discuss the nuclear issue, according to Iranian television.

Last week, President Mahmoud Ahmadinejad said Iran had prepared proposals to end the dispute.

Clinton said the United States believed its decision to engage Iran over its nuclear program and other is-

N. Korea talks

• Clinton said yesterday that Washington wanted to resume six-nation nuclear talks with North Korea and urged the world to not "give in" to the North's "unpredictable behaviour."

Issues would increase U.S. leverage among other major powers to impose sanctions if talks fail. **REUTERS**

U.S. law vital to global climate deal: Adviser

WASHINGTON U.S. President Barack Obama's top climate negotiator warned yesterday that international efforts to tackle global warming are doomed unless the U.S. enacts laws to limit emissions.

"There will be no new global deal if the United States is not part of it and we won't be part of it unless we are on track in enacting our own domestic plan," Todd Stern told the Senate Foreign Relations Committee.

Countries from around the world are scheduled to meet in Copenhagen in December to try to embrace a

Energy sources

• President Barack Obama urged the U.S. yesterday to take the lead in developing renewable energy sources.

new plan for attacking climate change problems.

He said the Obama administration will soon unveil proposals to be discussed in Copenhagen.

The House is taking the lead in Congress in an effort to legislate tough caps on emissions of carbon dioxide and other pollutants. **REUTERS**

Big progress in east Afghanistan: U.S. commander

KABUL U.S. and NATO forces are nearing "irreversible momentum" in battles with insurgents in eastern Afghanistan, a senior commander said yesterday.

The Taliban and other groups have been strongest in eastern and southern Afghanistan, but U.S. Army Maj.-Gen. Michael Tucker said security improved this year in the east, where U.S. forces lead NATO troops.

He said about 80 per cent of insurgent activity now takes place in southern Afghanistan, where the U.S. plans to deploy thousands of troops to reinforce Canadian, British, Dutch and other NATO soldiers. **REUTERS**

News in brief

LONDON British police yesterday denied making an embarrassing mistake after releasing all 12 men seized in raids to foil a suspected al Qaeda plot that were brought forward due to a security breach. The men, 11 Pakistanis and one Briton, were arrested around northwest England April 8 as part of an operation against what Prime Minister Gordon Brown called at the time a "very big terrorist plot."

SRI LANKA Thousands more civilians surged out of Sri Lanka's war zone yesterday while soldiers and Tamil Tiger rebels fought the apparent endgame of Asia's longest-running war. The military said at least 100,000 had been registered for transit to refugee camps and that troops now control all but 13 square kilometres of the island. **REUTERS**

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i'm lovin' it.

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Comment & Views

Comment

The man, the music, the identity

Relating

Andrea Woo



metronews.ca/woo

"Men profess to be lovers of music, but for the most part they give no evidence in their opinions and

lives that they have heard it." — Henry David Thoreau.

As someone whose life is inextricably woven with music, I harbour a deep suspicion for anyone who doesn't listen to much of it. This carries over into the dating arena, where it could be well-argued a man's attitude toward music can be telling of his attitude toward romantic relationships.

Music, after all, is a marker of cultural identity. It can

permeate every facet of life — work, friends, hobbies, appearance — and shape the people they become.

It can make fast friends of strangers and close friends of casual acquaintances.

"It's very important," said a friend and fellow audiophile of sharing similar musical tastes with a significant other. "It implies compatibility and common interests — possibly even social views."

On the web

For more views on relating, go to Love Bytes at metronews.ca/blogs

One girlfriend tells me she dated a man until she found out he likes Matchbox 20, at which point she felt "meh." Another who suspects her boyfriend is gay was all furrowed brows upon learning he loves Lady Gaga.

Individual artists aside, a person's passion for music

can speak volumes about his or her character.

A man who has amassed shelves of classic vinyl records, for example, has invested time, money and effort into something he is passionate about. A Top 40 fan, not so much.

Hipster doofuses who make grand efforts to find the most obscure music possible — "It's these two Icelandic dudes with oboes and rainsticks!" — are probably as pretentious in other

areas of life.

It can also be deduced a hip-hop head won't likely be procreating with the fragile emo kid any time soon.

That said, there is the occasional pairing of those who many would never expect to work, but do. They are the left-field collaborations, the seamless blends — the perfect mash-ups.

Andrea Woo is a Vancouver-based news and entertainment reporter. She won this column in a carnival dart game.

Views

Naiveté and international hypocrisy



Mona Eltahawy
Global View

If pirates were holding Nathalie Morin and her three children hostage would the Canadian government rescue her?

Morin, 24, is the Canadian woman who claims her Saudi husband Samir Said Ramthi Al-Bishi — whom she met in Canada — is holding her against her will in the kingdom, infamous for its appalling women's rights record. Morin's mother has threatened to sue the Canadian government for negligence if it doesn't do more to help her daughter.

Morin moved to Saudi

Arabia in 2005, taking the Canadian-born child she had with Bishi with her. The couple has since had two more children, one of whom — according to Morin's mother — was conceived after rape.

Morin, who complained to her mother Bishi beats her and will not let her leave their apartment alone, visited Canada in 2006, but returned to Saudi Arabia saying she couldn't be without her children. Since then, Bishi has apparently refused to give her permission to travel, a requirement in the ultra-conserva-

tive kingdom.

Alleged marital rape? No leaving the house or travel without your husband's permission? Sound familiar?

Surely questions that should trouble Canada where horrified headlines recently chastised Afghan President Hamid Karzai for signing a law that allowed marital rape and barred women from leaving home without a husband's permission.

Where are the horrified headlines over women's rights in Saudi Arabia? Morin admitted it was a mistake to move to Saudi

Arabia, so those who want her to lie in the bed she made of her own naiveté can move on.

But it is precisely those shouting "she should've known better" who should answer my pirate question. Did they blame U.S. Capt. Richard Phillips and his crew for sailing along a stretch of water where Somali pirates had taken dozens of hostages?

I don't believe invasions can liberate women. Laws that guarantee equality and protect women's rights are more important than guns and tanks.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.



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100M oil barrels stored at sea: Frontline

Oil companies are storing close to 100 million barrels of crude oil at sea, the highest in recent times, according to Frontline, one of the world's biggest independent oil tanker owners. **REUTERS**

7

Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Defaults may rise: Report

Canadian mortgage holders are facing significant challenges with a risk of increased mortgage defaults in the months ahead due to an uncertain jobs market, says a report.

Eight per cent of Canadian mortgage holders (representing 425,000 homeowners) indicated that being able to make a mortgage payment is currently an issue or concern, says a survey by the Canadian Association of Accredited Mortgage Professionals released yesterday.

Meanwhile, another 18 per cent of respondents, "a surprisingly large share," reported that either them-

Falling behind

- Mortgages in arrears at the end of January were at 0.36 per cent, representing 14,024 mortgages, up from 0.27 per cent, or 10,100 mortgages, at the same time last year, says the Canadian Bankers Association.

selves or a primary earner in the household had lost a job in the past six months.

"The greatest risk facing the Canadian mortgage market is job loss," said Will Dunning, the chief economist for the association and author of the report. In a six-month peri-

od, from late 2008 to the time the survey was conducted in March 2009, job losses totalled 357,000 or 2.1 per cent of total Canadian employment, says the report, representing "a very rapid rate of decline."

About two per cent of Canadians report negative equity in their homes, where the value of the mortgage is greater than the value of the home. Another eight per cent have less than 10 per cent equity, says the report.

If house prices were to fall further, there would be an increase in homeowners with negative equity.

TORSTAR NEWS SERVICE

Flaherty sees signs of recovery

FORECAST Federal Finance Minister Jim Flaherty sounded an upbeat note on the North American and global economies yesterday, saying he detected small signs of encouragement amid all the uncertainty.

Flaherty also said Canadian bond and capital markets were improving and that the United States would make significant progress in stabilizing its banking system in May.

"We see some stability in the economic performance, some resilience in China, GDP anticipated growth in India of six per cent ... so we are seeing some strength in some of the large emerging economies, but there is a significant degree of uncertainty that we face," he told reporters.

Flaherty maintained his assumption of a nominal GDP decline in Canada of 2.7 per cent this year, made in the January budget, saying that fiscal stimulus was now entering the economy. **REUTERS**

In brief

ENERGY EnCana Corp. is pumping another \$290 million US into a big Louisiana natural-gas play despite depressed prices, Canada's biggest energy company said yesterday as it reported higher-than-expected profit. **REUTERS**

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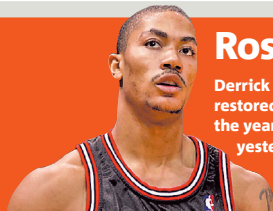
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Former Chicago Bear William (The Refrigerator) Perry remains in hospital in serious condition in South Carolina. The 46-year-old has been in hospital to deal with complications from Guillain-Barre Syndrome, a chronic inflammation disorder of the peripheral nerves. **METRO NEWS SERVICES**

Sports



Rose NBA's top rookie

Derrick Rose, who led his hometown Bulls to the playoffs and restored hope to a franchise in disarray, is the NBA's rookie of the year. Rose became the third Bulls player to win the award yesterday, joining Michael Jordan and Elton Brand.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

Sports in brief

NHL Anaheim Ducks forward Bobby Ryan, Columbus Blue Jackets goaltender Steve Mason and Chicago Blackhawks forward Kris Versteeg are the finalists for the Calder Trophy as the NHL's rookie of the year, the league announced yesterday. The trophy will be handed out June 18 at the NHL Awards in Las Vegas. **METRO NEWS SERVICES**

SCOREBOARD

NHL

**STANLEY CUP PLAYOFFS
YESTERDAY'S RESULTS**
Boston 4 Montreal 1
N.Y. Rangers 2 Washington 1
Calgary 6 Chicago 4

TONIGHT'S GAMES
Philadelphia at Pittsburgh
Detroit at Columbus
Carolina at New Jersey
San Jose at Anaheim

NBA

**PLAYOFFS
YESTERDAY'S RESULTS**
Orlando 96 Philadelphia 87
Miami 108 Atlanta 93
New Orleans at Denver

TONIGHT'S GAMES
Boston at Chicago
San Antonio at Dallas
L.A. Lakers at Utah

Bruins bring their brooms

STANLEY CUP 2009 Playoffs

Michael Ryder registered two goals and an assist as the Boston Bruins came away with a convincing 4-1 victory over the Montreal Canadiens at Bell Centre, sweeping their Eastern Conference quarter-final series.

David Krejci posted a goal and a helper for the top-seeded Bruins, who won their first playoff series since an opening-round triumph against Carolina in 1999. Phil Kessel also lit the lamp and Tim Thomas earned the win with a 26-save performance.

Andrei Kostitsyn provided the lone tally for the eighth-seeded Canadiens, who have lost their last eight games dating back to



Chicago's Brian Campbell and Calgary's David Moss collide last night during Game 4 of their playoff series. The Flames won 6-4. For a complete game recap, visit metronews.ca/sports.

the end of the regular season. Carey Price was beaten

four times on 30 shots in defeat. The 2008-09 campaign

was expected to be a memorable one for Montreal, which was celebrating its centennial season, but a promising start filled with visions of a serious run at hockey's holy grail in hopes of a 25th title was followed by a second-half swoon and, ultimately, a bitter first-round exodus.

N.Y. Rangers 2 Capitals 1

Henrik Lundqvist made 38 saves to lead the New York Rangers over the Washington Capitals 2-1 in Game 4 of their series at Madison Square Garden.

Paul Mara and Chris Drury tallied for the Rangers, who lead this set 3-1 and get their first chance to end this best-of-seven matchup in Washington on Friday. Alex Ovechkin had the lone goal for the Capitals.

METRO NEWS SERVICES

NBA

2009 Playoffs

Magic even series with Philadelphia

NBA Courtney Lee was the catalyst for Orlando, as the rookie recorded a team-high 24 points to help the Magic even their Eastern Conference quarter-final series against the Philadelphia 76ers with a 96-87 Game 2 victory. Dwight Howard battled foul trouble, finishing with 11 points and 10 rebounds.

Heat 108 Hawks 93

Dwyane Wade finished with 33 points, seven assists and five rebounds, as the Miami Heat evened their Eastern Conference quarter-final series with a 108-93 Game 2 win over the Atlanta Hawks. For a recap of the Hornets/Nuggets game, visit metronews.ca.

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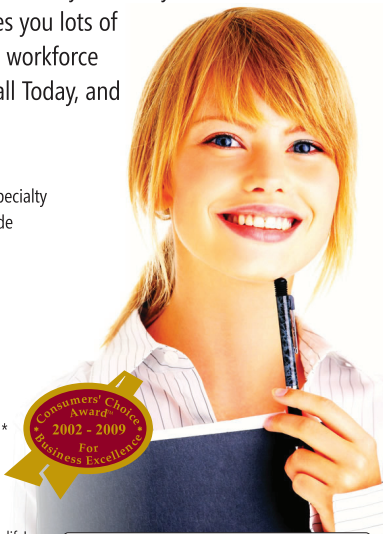
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Metro Homes

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA



From TV to print

Colin McAllister and Justin Ryan, of Colin & Justin's Home Heist, will be on the covers of two May releases from Harlequin Books. Colin is seen here on the cover of *The Border Lord*, by Sophia James. Available May 7.

METRO NEWS SERVICES

First-timers flock to Oliver area

CANDICE WARD
for Metro Canada

Homebuyers rejoice — the keys to Edmonton's real estate market have finally been handed over to you.

It is time for buyers to take control of the once crazy real estate market and for first-time buyers, it is the perfect time to buy in.

"The market was at a peak in 2007, at that time it was difficult to buy," says Jack Bawden, realtor for Royal LePage Noralta Real Estate. "Since then, the market has come down quite a bit."

Bawden has been helping Edmontonians buy and sell homes for 18 years.

One major advantage to the slowing of the econo-

my is the decrease in interest rates, helping buyers with getting into more affordable homes.

"It is a pretty good time for buyers to buy," says Bawden.

The newer suburban areas of the city are proving to be hot neighbourhoods in Edmonton, as many young families are snatching these properties up.

Bawden has also found that many first-time buyers have been attracted to the bright lights of downtown and, more specifically, the Oliver area.

One could find a home, either a bachelor pad or apartment-style condo, for as low as \$100,000 in the Oliver area.

Bawden warns buyers that if they are looking in the lower price bracket,



The decrease in interest rates is helping buyers get into more affordable homes, experts say.

they should be prepared to buy into an older building with less square footage.

"The higher up in price, the nicer the building and the more amenities you will have," says Bawden.

For buyers and especially

first-time homebuyers, Bawden recommends using a realtor's knowledge of the market when looking for a home.

"Try and find a realtor to work with that you feel has your interests at heart

and that you communicate well with," says Bawden. "Be thorough with your searching and don't buy the first thing that you see, take your time."

Hiring a realtor helped smooth out the buying

process for 26-year-old Christa Cabaj.

"You always hear that realtors are the crummiest people on Earth, but they are not," says Cabaj, a chartered accountant and first-time homebuyer.

With more selection out there, buyers like Cabaj have been able to shop around and compare the available properties.

"The market was really good, I am really happy with the price I paid," says Cabaj.

For Cabaj, the downtown area was the right choice for her lifestyle as it is close to her work, shops, restaurants and entertainment all in walking distance.

"If you never wanted to have a vehicle, you could manage it," says Cabaj.



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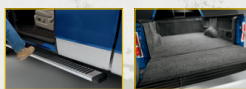
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No reason to fear the 'M' word, experts say



Mortgage pre-approvals let you know how much you can afford.

BRIAN COULTON
for Metro Canada

For most new home buyers that don't have the capital to fully pay for their property, the pleasure of purchase can be oft overshadowed by

the dreaded 'M' word.

"A lot of people have the idea that a mortgage is actually the biggest debt of their life," said Bruna Anacleto, Toronto mortgage specialist for Royal Bank of Canada. "It's really not. It's an investment."

It's also the only proper-

ty loan homebuyers can acquire, outside of one from family and friends. And the first step Anacleto recommends toward acquiring a mortgage is obtaining a pre-approval, which she said both qualifies you for the loan and gives you a sense of how

much you're financially qualified to purchase.

"People tend to dream a little and think their financial situation is one way, but it might actually be another," she said. So before setting your heart on that \$500,000 dream home, a pre-approval will assess if you can really afford it. "You may think, with your salary, you can, but you're not taking into consideration your debt load."

And what qualifies as debt isn't always so apparent. Anacleto said most people don't know that a line of credit, for example, counts as debt, in full. "You may have a zero balance on that line of credit, but we assume that you've withdrawn the whole thing," she said. "The reason for that is because that's credit you can obtain at any point in time, so we want to ensure you can pay that back if that happens."

Paying back a mortgage over tens of years may seem like a daunting task. But there are strategic ways to do it. Barry Rathburn is a mobile mortgage specialist for TD Canada Trust on Vancouver Island. He recommends accelerating your payment by paying an amount higher than the minimum required, that you feel comfortable with, to make repaying more flexible down the road.

"One of your benefits is that you can up to double your payments," said Rathburn. He offers the example of a minimum mortgage payment of \$295. A "comfortable" payment for a couple might be \$450. But what if that couple decides to have a child? "Now, \$450 is not a comfortable payment. Maybe it's a stretch," he said. "Having the privilege to increase and decrease your payment at will is a great financial planning tool to manage your cash flow."

Mortgage tips

TD specialist Barry Rathburn offers the following mortgage knocks:

- You can pre-pay 15 per cent of your original mortgage balance each year. If completed yearly, your mortgage would be paid off in about seven years.
- Obtain mortgage insurance, to cover the amount of mortgage debt if you or your spouse falls ill or dies.
- Get approved for the longest possible repayment period to decrease the amount paid in the long run.



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Food

All peppers start out as green and tart. As they ripen they turn first yellow, orange, or red depending on the cultivar grown.

BARB HOLLAND/FOR METRO CANADA



Sweet

The darker they become, the sweeter and more mellow the taste.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

Gems under the glass

Canada lingers at the forefront of greenhouse vegetable production

À la carte

Barb Holland

metronews.ca/alacarte

After a seemingly endless winter, we look forward to warm weather and the first vegetables of the season: asparagus, early greens and rhubarb. But between those first crops (usually May) and the lingering winter storage vegetables (carrots, cabbage and squash), greenhouse vegetables are a welcoming fresh taste — and locally grown.

As our short summers limit the quantity of field vegetables grown, Canada has been at the forefront of greenhouse production for decades.

Greenhouse vegetable production occurs in every province, with Ontario, British Columbia and Quebec as the largest producers.

According to the B.C. Greenhouse Growers' As-



As always, read labels when grocery shopping to buy locally grown greenhouse vegetables.

sociation, more than five varieties of tomatoes, sweet bell peppers, hot peppers, mini peppers, long English cucumbers, mini cucumbers and butter lettuce are grown under glass.

Vine-ripened and hand-

picked, greenhouse vegetables are premium quality and virtually pesticide-free, thanks to the use of natural predators to control pests.

As always, read labels when grocery shopping to buy locally grown green-

house vegetables.

Lightly Roasted Tri-Pepper Salad

From Foodland Ontario, this colourful salad made with greenhouse peppers is best served slightly warm or at room tempera-

ture. Serve with grilled chicken or pork. Serves 6.

INGREDIENTS:

- 2 each red, yellow and orange greenhouse peppers
- 3 tbsp (45 ml) extra virgin olive oil
- 1 tbsp (15 ml) balsamic or red wine vinegar
- 1 clove garlic, minced
- Salt and pepper
- 1/3 cup (75 ml) crumbled goat cheese
- 1/4 cup (50 ml) torn fresh basil leaves

METHOD:

Cut each pepper into quarters, discarding seeds and stems. Place on a barbecue grill over medium heat. Grill until softened and just lightly charred, 15 to 20 minutes, turning as needed. Whisk together oil, vinegar, garlic, salt and pepper to taste. Slice peppers into strips and toss with dressing in a large bowl. Place on serving plate, sprinkle with goat cheese and basil.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Liquid Assets

Peter Rockwell

metronews.ca/liquidassets

A great grape

What makes a particular grape variety the darling of liquor store shelves? It's a question that wakes up winemakers in a cold sweat in the middle of the night and gives liquid scribes like yours truly oodles of analytical inspiration.

Lately I've been working on why consumers are so crazy about Pinot Grigio (a.k.a. Pinot Gris). After much thought, and more than a few glasses, I think the reason is twofold: First, being easy to pronounce and fun to say has literally put it on the tip of everyone's tongue; and second, it produces simple, quaffable vino that sucks in consumers like a magnet draws metal.

When it comes to true Italian versions **Voga's 2007 Pinot Grigio (\$13.95 to \$17.99)** is lean, green and rounds all the classic flavour bases while coming wrapped in one of the coolest bottles I've seen in ages. Of course every country has jumped on the bandwagon and **California's Barefoot Cellars Pinot Grigio (\$9.95 to \$11.99)** in a non-vintage charmer that's packed with juicy fruit.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

Local Savour

Authentic Julio's Barrio Mexican Restaurant

juliosbarrio.com
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780-431-0774

Fiesta Sampler, \$20 to \$35

This is the perfect way for you and your amigos to sample this restaurant's antojitos. This Mexican-infused hot spot in the city's hippest neighbourhood also offers up some good bevies with their good treats.

Lasagna, the Martha Stewart way

This Martha Stewart recipe requires all store-bought ingredients and an hour's cooking time. You could substitute fried bacon for the more expensive prosciutto, or jazz up your sauce with sautéed mushrooms or other vegetables. Make sure you squeeze the spinach dry or the lasagna will be too runny. From Food Everyday magazine.

INGREDIENTS:

- 2 300 g packages frozen spinach, thawed and squeezed dry
- 1 (475 g) container ricotta cheese
- 1 garlic clove, minced
- Salt and pepper to taste
- 2-1/2 cups (600 ml) store-bought pasta sauce
- 4 oz (113 g) thinly sliced prosciutto, chopped
- 3 sheets fresh lasagna

noodles

- 1 cup (250 ml) shredded mozzarella cheese

METHOD:

In medium bowl, mix spinach, ricotta, garlic, salt and pepper. Set aside.

In another medium bowl, mix pasta sauce with prosciutto. Trim lasagna noodles to fit 8-by-8-inch casserole dish. Spread 1/4 cup

sauce on bottom of dish.

Place 1 lasagna sheet on top. Spread one-third ricotta mixture on top with fingers. Top with one-third pasta sauce. Repeat twice.

Sprinkle mozzarella on top. Bake in 375 F oven 35 minutes until top is bubbling and brown. Let stand 5 minutes before serving. Makes 4 servings.

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Style

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Check out elleshow.ca for details on this weekend's fabulous fashion and beauty day!

SEAWORLD

Splash some fun in shades of blue



Metal and resin-bead chandelier earrings (\$15, at Aldo Accessories)

More cool spring looks will be showcased by Denis Desro, ELLE Canada's editor-in-chief (fashion), at an event this weekend. She will give an exclusive spring runway report of the season's hottest fashion trends, from the jumpsuit to the wedge sandal. Check out elleshow.ca for details.



PVC handbag (\$35, at Aldo)

Floral tiered silk dress, Nougat London (\$265, 1-888-356-9226)



Resin-bead bracelets (\$45 each, at The Bay)



Leather and wood platform wedge sandals (\$100, at Aldo)



Editors' Pick

FASHION STARS

Want to experience a runway show featuring the best of Canadian fashion? Check out the ELLE event this Saturday, where top designers, including Tavan & Mitto (shown), Renata Morales, and Marie Saint Pierre, will show their spring 2009 collections!



MAUDE ARSAUNALT/MODEL-GIGI

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Project Runway Canada finalists and winner Sunny Fong (right).

Project Runway Canada's top three finalists reconnect for an exclusive runway show

By LAURA DECARUFEL
Senior Editor

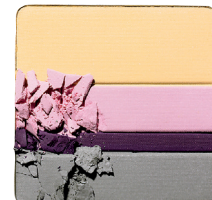
Fashion might not always be pretty, as Iman says, but it's always compelling. This season of Project Runway Canada was full of drama, from two contestants leaving the show for health reasons (on the very first episode!), to the uproar that ensued after one aspiring designer (ahem, Brandon) revealed that he was unfamiliar with the work of fashion legend Yves Saint Laurent. But the real news was on the runway, particularly in the creations of the top three finalists: Jessica Biffi, Jason Meyers and Sunny Fong, the talented Toronto designer who was crowned the winner last week. "The biggest surprise is how passionate viewers

are about the show," says Fong. "How little things like me hugging my mother on the runway made people tear up. It's amazing."

This Saturday afternoon, Fong, Biffi, Meyers and their PRC mentor Brian Bailey are joining forces for a special fashion show during the all-day ELLE event in Toronto, Ont. The designers will be showcasing their finale collections, which debuted during Toronto Fashion Week in March. "The finale show was a closed show, so only a select few were able to experience it," explains Fong. "It will be really cool for the public to have the same 'live' experience." Afterwards, Bailey will host a Q&A, so fans can get an insider peek into all the behind-the-scenes gossip.

HOT BEAUTY

Summertime means sexy sundresses, evenings on the patio — and a whole new beauty look. The objective? Sun-kissed skin with perfectly painted lips and lids in summer shades of rose and coral. But before you toss your trusty foundation and stock up on bronzer, learn how to do it right. At the ELLE event this Saturday, Val Garland, the artistic advisor for Yves Saint Laurent Makeup, and Jacquie Hutchinson, the national product trainer for Revlon, will outline summer's prettiest makeup trends — and how to achieve them.



YSL Palette D'Artiste Collector Powder for the Eyes (\$78)

No evidence suggests Rafiq Qureshi tried to sell his young daughter, Slumdog Millionaire actress Rubina Ali, say police in India after an investigation. PEOPLE.COM

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		4	CBXT - 307	NHL Hockey: Conf.	Quarterfinal	CBC News	NHL Hockey: Western Conference	Quarterfinal Game 4	-- Sharks at Ducks			National	
		6	KREM - 372	NHL Hockey: Conf.	Hollywood	The Doctors (N)		Survivor: Tocantins		CSI: Crime Scene	Investgtn.	Harper's Island	
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news		22	KSPS - 374	NewsHour With Jim Lehrer	Educating Spokane			New Tricks		MI-5		Artists Den	
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		17	TREE 553 546	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!	
		42	TOON 555 545	Ben 10	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futura	Helloby: Sword of Storms		
		45	FAM 557 541	Zoey 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	
		-	TVA 121 714	TVA 18 heures	Le Cercle (SC)	Dépenses xtr	Histoires-filles	Dr. House "Maternité" (SC)		Destination Nor'Ouest (SC)		TVA 22 heures	
		18	CMT 575 583	Reba	Reba	Hope & Faith	Hope & Faith	Gone Country		Home Improve.	Home Improve.	Reba	
		25	A&E 615 520	The First 48 (HDTV) (N)		The Beast (N)		The Beast (HDTV)		The First 48 (HDTV)		The First 48	
family		28	MMN 571 581	Metal Mania		Entourage	Gene Simmons	The Daily Fix		Metal Mania		Entourage	
		29	FODD 603 561	Chef Jeff Project (N)		Ace of Cakes	Ace of Cakes	Chef Abroad	David Rocco	Unwrapped	Unwrapped	Chef Jeff	
		31	SHOW 617 522	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	The Departed	
		32	DISC 520 505	Discovery Project Earth		MythBusters		Daily Planet		Deadliest Catch		Global Warm	
		33	SLICE 601 562	X-Weighted		X-Weighted		ET Canada	Til Debt-Part	Real Housewives OC		Trading Sp	
		34	W 602 567	Style by Jury	Style by Jury	Will & Grace	Friends	Divine Design	House	Confidential	Save Us-House	Divine Design	
		35	TL2 521 560	American Chopper (N)		Stop Shouting at Me!		American Chopper		Stop Shouting at Me!		Overhaulinn	
		36	BRAVO 620 523	McLuhan's Wake (2002, Documentary)				Law & Order		Without a Trace		If These Walls	
		38	SPIKE 628 584	TNA Wrestling (HDTV) (N)				MANswers	MANswers	Mocap LLC (N)	GameTrailers	MANswers	
		40	HIST 522 506	Go Deep In Istanbul.		NCIS "Lost & Found"		Sea Hunters		Ancient Discoveries		Dig for Truth	
cable variety		41	COM 626 547	Laughs	Comedy Now	Air Force	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP	
		43	SPACE 627 528	Ghost Hunters		Chuck (HDTV) (N)		Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager	
		44	WPCH 294 605	Friends	Friends	The Crow: City of Angels (1996, Fantasy)			Family Guy	Family Guy			

Earl (Jason Lee) discovers that he has wronged a minister several times, but his attempt to make multiple amends only leaves the man of the cloth struggling to forgive him. Joy (Jaime Pressly) turns to Darnell (Eddie Steeples) for help after she hits Catalina (Nadine Velazquez) with a riding mower. Ethan Suplee also stars in the new episode "Gospel." 9 PM on KHO.

One month after 23-year-old Lauren Conrad announced that she was taking a hiatus from her upscale clothing line, the Hills star is launching a brand new apparel line for Kohl's department stores, people.com reports. **METRO NEWS SERVICES**

Celebrity Buzz

Gay marriage quip sparks defence

OPINION In light of Miss California slamming gay marriage, Britney Spears and Miley Cyrus have stepped forth to declare that they support gay rights.

"Love is love!" Spears, 27, said on her Twitter page Tuesday. "People should be able to do whatever makes them happy!"

Cyrus, 16, also Twittered to openly gay blogger Perez Hilton (who asked Miss

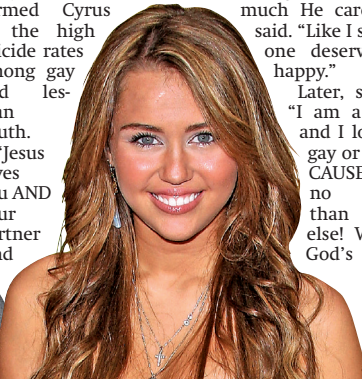
California Carrie Prejean what she thought of same-sex marriage during Sunday's Miss USA competition).

after Hilton informed Cyrus of the high suicide rates among gay and lesbian youth. "Jesus loves you AND your partner and

wants you to know how much He cares!" Cyrus said. "Like I said, everyone deserves to be happy."

Later, she added, "I am a Christian and I love you — gay or not — BECAUSE you are no different than anyone else! We are all God's children."

METRO NEWS SERVICES



LiLo's friends worried

PEOPLE More friends are voicing their concern about Lindsay Lohan in the wake of her split from Samantha Ronson, according to Page Six.

A source says the actress is "a complete and utter wreck" and has been partying hard and spending time with "a different man every night."

According to the newspaper, some of those men include



METRO WORLD NEWS

Mike Tyson's tips for Chris Brown

ADVICE Mike Tyson has Chris Brown figured out. The former heavyweight champ, who was accused of beating girlfriend Robin Givens, was asked what he thought of 19-year-old Brown, who's accused of assaulting his girlfriend, Rihanna.

"My personal opinion about that is, he's just a baby," Tyson tells MTV News. "He's just a little baby that don't know how to handle his emotions when it comes to a woman."

"And he probably hears this and thinks, 'I know how to handle my emotions.' We all think we do."

METRO WORLD NEWS



Mia on hunger strike for Darfur

PROTEST Mia Farrow has announced she'll be starting a hunger strike next week in solidarity with the people of genocide-afflicted Darfur.

The water-only diet starts Monday and is "a personal expression of outrage at a world that is somehow able to stand by and watch innocent men, women and children needlessly die of starvation, thirst and disease," Farrow says, according to media reports.

METRO WORLD NEWS



Britney to have day in court?

LEGAL Britney Spears is "crying out for help," femalefirst.co.uk reports.

The Circus singer is desperately trying to escape from her controlling father, her former attorney's lawyer told a Los Angeles court on Tuesday.

Jamie Spears — who took legal control of his troubled daughter's personal and professional affairs last year — is trying to obtain permanent restraining orders against the singer's former manager Sam Lutfi, attorney Jon Eardley and lover Adnan Ghalib.

The 27-year-old singer's legal team refutes the claims, calling

the men predators who have patently threatened and continually harassed her. Eardley's lawyer Roger Dia-

mond wants Britney to testify in court because he believes her father is holding her prisoner.

The temporary restraining orders against all three men were extended until April 28, when the judge will hear rebuttal arguments before making a final decision. Britney is currently performing in The Circus Starring Britney Spears, her first concert tour in five years.

METRO NEWS SERVICES



Curvy Jessica hits the gym

PEOPLE Jessica Simpson — who battled scrutiny for her new curves earlier this year — is working out again. And she doesn't like it, people.com reports.

"On my way to work-out with my

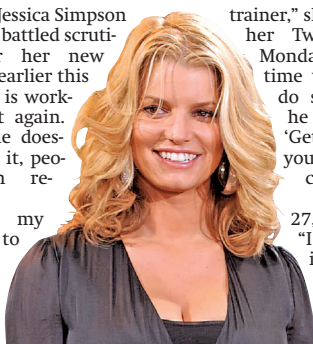
trainer," she wrote on her Twitter page Monday. "Every time we have to do squats, and he yells at me, 'Get lower like you're in the club!'"

Simpson, 27, then adds, "I don't squat in the club unless I am peeing!" A source

tells usmagazine.com Simpson is working with her longtime personal trainer Mike Alexander. Alexander told Fox News last month that the singer wasn't miffed at all the coverage surrounding her fuller figure.

"The whole thing wasn't as traumatic for Jessica as everyone made it out to be," he said. "She's a confident and naturally beautiful girl who works hard."

METRO NEWS SERVICES



Charlie's new father anxiety

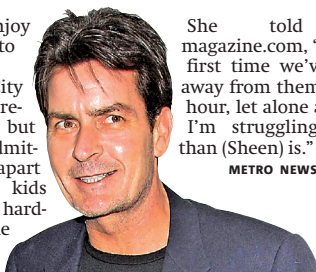
KIDS Charlie Sheen and his wife Brooke Mueller found it tough to enjoy the opening night of Peepshow in Las Vegas on Saturday — because it was the first time they had left their twin babies Max and Bob at home, femalefirst.co.uk reports.

Sheen and Mueller left the babies' sides on Satur-

day to enjoy some time to themselves at the Sin City show's premiere — but Mueller admitted being apart from the kids was much harder than she thought.

She told usmagazine.com, "It's the first time we've been away from them for an hour, let alone a night! I'm struggling more than (Sheen) is."

METRO NEWS SERVICES



Double standard for drinking: Lily

PARTYING After she released her 2006 debut, Lily Allen worried that she might have ended her career prematurely because of her hard-partying ways.

"I took a bit of a beating the first time around. I became more famous for being a train wreck than a singer," she says, according to Exposy.

"Young women are represented in a way that isn't true. If a girl is seen having a drink, she's a drunk. If that

happens with a guy, it's not portrayed in the same way."

METRO NEWS SERVICES



GETTY IMAGES

Never been drunk, Paula maintains

PEOPLE Paula Abdul says she doesn't take prescription drugs — and she's never even been drunk. The American Idol judge hopes to set the record straight in a Nightline interview, which aired on ABC last night.

Asked by Cynthia McFadden about her loopy on-air behaviour and rumours of her taking pills in the past, Abdul says, "Never. I've never been drunk in my life. I don't like it. It's not my thing ...Will not

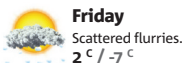
take those drugs. And you can check my medical records — there is nothing like that."

METRO NEWS SERVICES





Today
Mostly cloudy.
2°C / -5°C



Friday
Scattered flurries.
2°C / -7°C

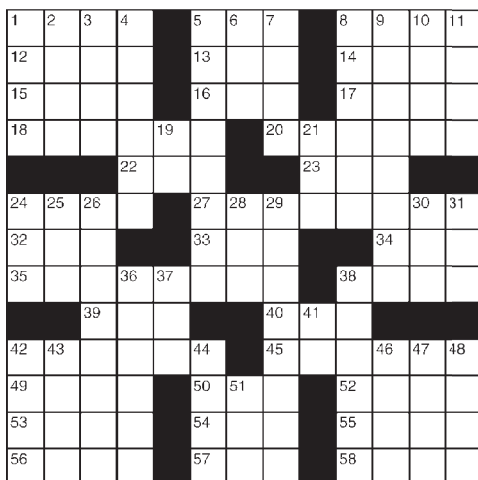


Saturday
Broken clouds.
8°C / -5°C



Michele McDougall, Weather Specialist & Host - Breakfast Television

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes!" **WEEKDAYS AT 6 A.M.**



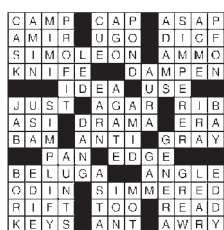
Crossword across

- 1 Mid-May honorees
- 5 Ref
- 8 Unadulterated
- 12 Grand story
- 13 D.C. type
- 14 Mimicked
- 15 Crosby, Stills and —
- 16 Ferrigno or Costello
- 17 Secondhand
- 18 Occurring last month
- 20 With tenderness
- 22 Vast expanse
- 23 Nipper's co.
- 24 Start of something big?
- 27 Lisa, to Marge
- 32 Tear
- 33 Kreskin's claim
- 34 Ostrich's kin
- 35 Puzzle
- 38 Formerly, formerly
- 39 Whatever amount
- 40 Hostel
- 42 "Family Feud" prelim
- 45 Torrential rainstorm
- 49 Destroy
- 50 Sapporo sash
- 52 Suitor
- 53 Sean Penn title role
- 54 Relatives
- 55 Reply to "Shall we?"
- 56 Eyelid woe
- 57 See 24-Across
- 58 Otherwise

Crossword down

- 1 Carte
- 2 October stone
- 3 Atomizer output
- 4 Division
- 5 Transferred files
- 6 Cattle call?
- 7 Advertise
- 8 Potbelly
- 9 Buffalo resident, e.g.
- 10 Fishing rod accessory
- 11 Whirlpool
- 19 Yours truly
- 21 Work unit
- 24 Sphere
- 25 Compete
- 26 In the ascendant
- 28 Enzyme suffix
- 29 Riot
- 30 Type squares
- 31 Same old same-old
- 36 Bring about
- 37 Caustic solution
- 38 Allow to happen
- 41 007's doctor foe
- 42 Totals
- 43 Condo, e.g.
- 44 Oxen's joiner
- 46 Boat's bottom
- 47 Packs away
- 48 Stratagem
- 51 Ginormous

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



8	7	3	4	1	9	5	6	2
4	9	6	2	8	5	1	3	7
1	2	5	3	7	6	8	4	9
7	4	9	5	6	2	3	8	1
5	8	2	1	3	7	4	9	6
3	6	1	8	9	4	7	2	5
9	1	4	7	2	3	6	5	8
6	3	7	9	5	8	2	1	4
2	5	8	6	4	1	9	7	3

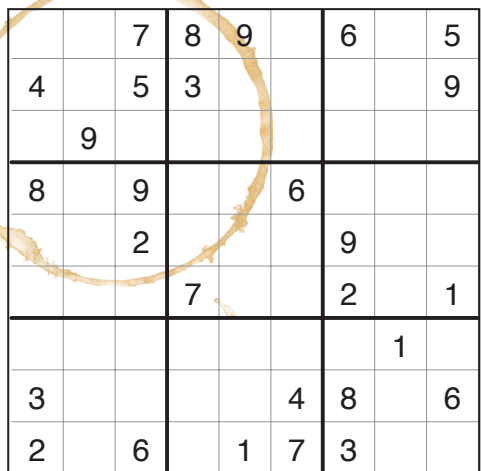
Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:	17-21 min	Smart
Under 13 min	Genius	21-25 min
13-17 min	Scholar	25+ min
		Keep practising

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone - one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Metro Recipe of the Day



Fragrant Lamb with Spinach

INGREDIENTS:

- 2 tbsp (25 ml) canola oil
- 2 onions, minced
- 4 garlic cloves, crushed
- 2-in. (5-cm) piece fresh ginger, peeled and chopped
- 1 red chili pepper, seeded, deveined, and sliced
- 2 tsp (10 ml) paprika
- 2 tsp (10 ml) ground cumin
- 2 tsp (10 ml) ground coriander
- 1 tsp (5 ml) ground white pepper
- 1/2 tsp (2 ml) cinnamon
- Seeds from 8 green cardamom pods, crushed
- 2 bay leaves
- 1/2 tsp (2 ml) salt
- 1/2 cup (125 ml) plain yogurt
- 1/4 cup (50 ml) sour cream
- 1 lb (500 g) lean boneless lamb, cubed
- 2 large tomatoes, chopped
- 1 bag (10 oz/225 g) fresh baby spinach
- 4 tbsp (60 ml) chopped fresh cilantro
- Fresh cilantro sprigs

METHOD:

1. Heat oil in large pot

over medium heat. Add onions, garlic and ginger; sauté, stirring frequently, until onions are golden, 10 minutes.

2. Stir in chili pepper, paprika, cumin, coriander, white pepper, cinnamon, cardamom seeds, bay leaves and salt. Stir briefly over medium heat. Stir yogurt and sour cream together, then stir into pot with 2/3 cup (150 ml) water. Add lamb, mix well and cover pan. Simmer until lamb is tender, about 1 1/4 hours.
3. Add tomatoes, spinach and cilantro. Cook, stirring, until tomatoes are soft and spinach wilts, 2 minutes. Taste for seasoning and remove bay leaf. Serve garnished with fresh cilantro.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

ARIES

MARCH 21-APRIL 20

Deal with health issues one at a time. Jealousy makes you laugh. Count your blessings in an unbelievable situation.



TAURUS

APRIL 21-MAY 21

A lazy person reveals deep-seated greed. Play it safe by speaking out. Limit your involvement with a sneaky old friend.



LIBRA

SEPT 23-OCT 23

A victory will be a vindication. A perplexing situation arises at the last minute. Maintain your silence about trashy treasures.



SCORPIO

OCT 24-NOV 22

Reorganizing causes wonderful changes. Help a friend to take it easy. You can nurture hope for a sweetheart.



GEMINI

MAY 22-JUNE 21

Be bold to defeat bashfulness. Trust affection to win over a friend. Say goodbye to a painful past.



SAGITTARIUS

NOV 23-DEC 21

A sentimental person exposes a new passion to you. Don't judge someone who lives in despair. Shake off your qualms by learning the facts.



CANCER

JUNE 22-JULY 22

Pardon an annoying coward who left a mess. An insulting accusation creates anxiety. An astounding dream leads you to good fortune.



CAPRICORN

DEC 22-JAN 20

Gambling causes a breach in a weak relationship. A shameless person is enthusiastic. There's a pointless argument over a ridiculous rule.



LEO

JULY 23-AUG 23

A problem will be solved if you play it cool. Defenses cause your fight-or-flight mechanism to engage. Don't let a bad phone call ruin communication.



AQUARIUS

JAN 21-FEB 18

You won't want to heed any cries for help. An oddball gets ignored in public. A judgmental woman ridicules signs of growing older.



VIRGO

AUG 24-SEPT 22

Try to hide some sloppy personal habits. Unexpected demands widen your perspective. Change your tactics when mercy is shown.



PISCES

FEB 19-MARCH 20

A youngster wants you to take charge. The odds can be beaten. An entertaining adventurer attracts attention.



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Breakfast hours from 5:00 - 10:30am, April 20 to May 3.

*Small coffee only. Limit one per customer, per visit. Not available with any Extra Value Meal or value picks® offer. *Opening hours vary by restaurant. Until 11am on weekends. ©2009 McDonald's.



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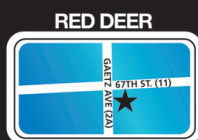
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